

September 2023

Healthy News

Brought to you by the South Heartland District Health Department

National Fruits & Veggies Month

School Lunch for Families

- Grains—whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate.
- Protein foods—Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients, including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups.
- Vegetables—A variety of vegetables helps kids get the nutrients and fiber they need for good health.
- Milk—Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles (specifically Low-fat (1%) or fat-free milk).
- Fruits—Lunch should include fruit as well as vegetables. Only 1/2 of the fruit offered may be 100% juice, since whole and cut-up fruits have more fiber.

How are fruits & veggies healthy for you?

- Fruits provide nutrients needed to maintain your health and body.
 - Most fruits are low in fat, sodium, and calories.
 - Fruits have many essential nutrients, including potassium, fiber, and vitamin C.
 - Diets rich in potassium may help maintain healthy blood pressure. Fruits sources of potassium include bananas, prunes, dried peaches and apricots, cantaloupe, honeydew, orange juice, jackfruit, guava, and kiwifruit.
- Eating vegetables provides health benefits.
 - Dietary fiber from vegetables, as part of an overall health diet, helps reduce blood cholesterol levels and may lower risk of heart disease.
 - Vegetables are important sources of many nutrients, including potassium, dietary fiber, vitamin A, and vitamin C.
 - Veggies with sources of potassium include sweet potatoes, white potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, kidney beans, acorn squash, and yuca.

Prepare for the "triple threat"

With the fall/winter season just around the corner, it's time to start thinking about getting vaccinated against Influenza, Covid-19/monovalent, and RSV, when these shots become available.

Check the South Heartland District Health Department website for more information about when and where you and your kids can get updated immunizations.

<https://southheartlandhealth.ne.gov/what-we-do/immunizations/>

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